

SMART Goal Worksheet

When setting goals, make sure it follows the SMART structure.
Use the questions below to create your goals.

S

SPECIFIC

WHAT DO I WANT TO
ACCOMPLISH?

M

MEASURABLE

HOW WILL I KNOW WHEN IT
IS ACCOMPLISHED?

A

ACHIEVABLE

HOW CAN THE GOAL BE
ACCOMPLISHED?

R

RELEVANT

DOES THIS SEEM
WORTHWHILE?

T

TIME BOUND

WHEN CAN I ACCOMPLISH
THIS GOAL?

